

UPSYVAC04 - Personality Development

Unit I Introduction

Defining Personality - Personality Development - Stability of Personality - Personality Change.

Unit II Theories of Personality

Psychoanalytical Theory of Personality- Humanistic Theory of Personality- Trait Theory of Personality- Social Cognitive Theories- Behaviorism and Learning Approaches to Personality- Eastern Theory: Thriguna Theory (SRT)

Unit III Determinants of Personality

Cognitive Determinants - Intellectual Development and Intellectual Capacities - Deviant Intelligence - Major areas of adjustment affected by Intelligence Socio-cultural Determinants - Family and Educational Determinants - Social Determinants Emotional Determinants - Dominant Emotions, Emotional Expressions - Emotional Balance and Emotional Deprivation - Emotional Catharsis and Emotional Stress.

Unit IV Personality Enrichment

Motivation and its Process Life Skills for Personality Development.

Unit V Managing Self

Emotions, Ego, Pride, Stress, Achievements, Confidence improvement, Recognition of one's own limitations and deficiencies , Interpersonal Skills, Communication Skills, Commitment , making decisions, handling your and other people's stress, empowering, motivating and inspiring others.

References:

- Ciccarelli .K. Saundra, Meyer.E. Glenn, (2007). Psychology, Pearson Prentice Hall, New Delhi.
- Hilgard, E, Atkinson RC & Atkinson RL (1976). Introduction to Psychology (6th Edn.), Oxward &IBH Publishing Co. Pvt Ltd, New Delhi.
- Nair .V. Rajasenan, (2010). Life Skills, Personality and Leadership, Rajiv Gandhi National Institute of Youth Development, TamilNadu.